

# Tips to Save Energy Today...

## Easy Low-Cost and No-Cost Ways to Save Energy

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The typical Tennessee family spends more than \$1,500 a year on home utility bills. Here are some small steps you can take to save energy and money around your house.

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### Around the house

- Turn down your system's thermostat to 68°F during the day in winter and leave it up at 78°F during the summer. Consider installing a programmable thermostat that is compatible with your heating and cooling system.
- Lower your water heater temperature to 120°F and reduce hot water use by taking shorter showers and using cold water for laundry whenever possible. *Each 10°F reduction on the water heater results in a 13% reduction of your hot water heating costs.*
- Turn off your computer and monitor when not in use. Unplug power adapters or battery chargers when equipment is fully charged. Use power strips for home electronics and turn off power strips when the equipment is not in use. *The average U.S. household spends \$100 per year to power devices while they are off or in standby mode. On a national basis, this standby power accounts for more than 100 billion kilowatt hours of annual U.S. electricity consumption and more than \$10 billion in annual energy costs.*
- Keep curtains open on the south side of the house and closed on the north side during the day in the winter to take advantage of solar heat.
- Make sure the fireplace damper/flue is closed when not in use.
- Replace incandescent bulbs with compact fluorescent lamps. CFLs use ¼ the electricity that incandescent bulbs do and last up to 20 times as long. If every household in the U.S. replaced just one incandescent bulb with a CFL, it would prevent enough pollution to equal removing 1 million cars from the road yearly.

### In the kitchen

- Clean refrigerator coils every few months as part of a general household maintenance plan. Set the temperature at 36°F to 39°F and the freezer temperature from 0°F to 5°F.
- Match the size of your pot or pan to the size of the stove burner and cover it with a lid when cooking.
- Wash only full loads of dishes. Air-dry dishes instead of using the dishwasher's heat drying option.

**TVA's energy right®** also features other simple steps you can take to reduce your energy usage and help save money on your power bills.

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**Investments** in energy efficiency will not only make your home more comfortable but also yield long-term financial **rewards**.

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#### *Next Level Steps to Save Energy*

- Conduct a whole-house energy audit.
- Caulk and weather strip around windows and doors to stop air leaks.
- Seal any gaps in floors and walls around pipes and electrical wiring.
- Repair air leaks and seal and insulate heating system ductwork.
- Wrap your water heater with insulation or install an insulating blanket.
- Add insulation to your attic, crawl space, and any accessible exterior walls.
- Add pipe insulation to the first five feet of water pipe coming from your water heater.
- Look for the ENERGY STAR® label when replacing appliances or electrical equipment. ENERGY STAR® products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency. *ENERGY STAR® labeled appliances use 10-50% less energy, e.g. ENERGY STAR® refrigerators today use 40% less energy than models sold in 2001.*
- Change filters monthly or install a "filter whistle" to let you know when to change them.

**More helpful resources on energy efficiency are available at:**

**Stay Warm, Save Money Program: [www.energysavers.gov](http://www.energysavers.gov)**

**U.S. DOE Energy Efficiency and Renewable Energy Program: [www.eere.energy.gov](http://www.eere.energy.gov)**

**ENERGY STAR® program: [www.energystar.gov](http://www.energystar.gov)**

**The Home Energy Saver: [hes.lbl.gov](http://hes.lbl.gov)**

For more information on these and other environmental topics visit the  
**Tennessee Department of Environment and Conservation Web site:**  
**[www.tn.gov/environment](http://www.tn.gov/environment)**